



USAPL National Bench Press & Deadlift Championships

Hyatt Hotel -- Miami, Florida

Sunday, July 12, 2009

NR	WT	BDW.	NAME	AGE	CLUB / CITY	DIVISION	SQUAT			BENCHPRESS				DEADLIFT			TOT.	Wlk's	PL.	
							1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.				
1			USAPL National BP/DL																	
2	F 52	48.6	Joan Schmidt	69	Commons Fitness - Bonita Springs	Florida	Open				27.5	30.0	-32.5	30.0	60.0	62.5	65.0	95.0	124.7	1.0
3	F 52	48.6	Joan Schmidt	69	Commons Fitness - Bonita Springs	Florida	Masters [60 - 69]				27.5	30.0	-32.5	30.0	60.0	62.5	65.0	95.0	124.7	1.0
4	F 67.5	65.2	Carolyn Mailloux	49	Sanford Wellness Ctr -- Sioux Falls	South Dakota	Masters [40 - 49]				40.0	42.5	-45.0	42.5	90.0	97.5	105.0	147.5	117.0	1.0
5	F 67.5	65.2	Carolyn Mailloux	49	Sanford Wellness Ctr -- Sioux Falls	South Dakota	Raw/Unequipped				40.0	42.5	-45.0	42.5	90.0	97.5	105.0	147.5	117.0	1.0
6	67.50	64.3	Joseph Meyerhoffer	21	Platinum Gym -- Sanford	Florida	Junior [20 - 23]				-142.5	-142.5	-142.5							
7	67.50	66.7	Micahel DeSimone	22	Premier Fitness -- Nanuet	New York	Junior [20 - 23]				140.0	145.0	-147.5	145.0	227.5	237.5	245.0	390.0	303.6	1.0
8	75.00	74.7	Rene Lezcano	21	Southland Strength	Florida	Raw/Unequipped				-85.0	-95.0	95.0	95.0	172.5	182.5	192.5	287.5	205.4	1.0
9	82.50	82.5	Mosbeh Alkinany	46	Gold's Gym -- Coral Gables	Florida	Open				-210.0	-220.0	225.0	225.0	-210.0	210.0	220.0	445.0	298.1	1.0
10	82.50	82.5	Mosbeh Alkinany	46	Gold's Gym -- Coral Gables	Florida	Master [40 - 49]				-210.0	-220.0	225.0	225.0	-210.0	210.0	220.0	445.0	298.1	1.0
11	90.00	88.1	Art "Rocky" Germaine	30	Sunrise Fitness Ctr -- Sunrise	Florida	Open				-102.5	102.5	110.0	110.0	165.0	182.5	195.0	305.0	196.9	1.0
12	100.00	97.1	Julian Ulvang	46	Just Lift PL Team -- Tamarac	Florida	Open				190.0	195.0	200.0	200.0	265.0	275.0	282.5	482.5	297.3	1.0
13	100.00	97.1	Julian Ulvang	46	Just Lift PL Team -- Tamarac	Florida	Masters [40 - 49]				190.0	195.0	200.0	200.0	265.0	275.0	282.5	482.5	297.3	1.0
14	100.00	90.7	Steve Eisman	59	Bally's -- Penbrooke Pines	Florida	Masters [50 - 59]				142.5	147.5	-152.5	147.5	125.0	-145.0	145.0	292.5	186.0	1.0
15	100.00	90.7	Steve Eisman	59	Bally's -- Penbrooke Pines	Florida	Raw/Unequipped				142.5	147.5	-152.5	147.5	125.0	-145.0	145.0	292.5	186.0	1.0
16	110.00	108.8	Segismundo Pares	51	YMCA -- Ocala	Florida	Open				-217.5	217.5	222.5	222.5	262.5	270.0	275.0	497.5	293.8	1.0
17	110.00	108.8	Segismundo Pares	51	YMCA -- Ocala	Florida	Masters [50 - 59]				-217.5	217.5	222.5	222.5	262.5	270.0	275.0	497.5	293.8	1.0
18	110.00	101.5	Alexander Crato	26	Southland Strength	Florida	Raw/Unequipped				-112.5	112.5	122.5	122.5	197.5	-215.0	-215.0	320.0	193.6	1.0
19	125.00	123.9	Chris Weaver	27	Health Quest -- Flemington	New Jersey	Open				25.0	Pass	Pass	25.0	325.0	-330.0	-330.0	350.0	199.8	1.0
20	125.00+	153.2	Mike Ricker	43	Gold's Gym -- Blaine	Minnesota	Open				177.5	-192.5	192.5	192.5	272.5	-295.0	-295.0	465.0	256.5	1.0
21	125.00+	132.2	Nasr Hassan	21	Gold's Gym -- Coral Gables	Florida	Open				200.0	-210.0	-230.0	200.0	240.0	260.0	-275.0	460.0	259.4	2.0
22	125.00+	132.2	Nasr Hassan	21	Gold's Gym -- Coral Gables	Florida	Junior [20 - 23]				200.0	-210.0	-230.0	200.0	240.0	260.0	-275.0	460.0	259.4	1.0
23	125.00+	153.2	Mike Ricker	43	Gold's Gym -- Blaine	Minnesota	Masters [40 - 49]				177.5	-192.5	192.5	192.5	272.5	-295.0	-295.0	465.0	256.5	1.0
24																				
25			USAPL U.S. Open Open BP																	
26	F 90.00	83.2	Patrica Malacina	71	PAL -- Englewood	Florida	Masters [70 - 79]				25.0	-30.0	30.0	30.0				30.0	26.9	1.0
27	67.50	66.7	Micahel DeSimone	22	Premier Fitness -- Nanuet	New York	Raw/Unequipped				140.0	145.0	-147.5	145.0				145.0	112.9	1.0
28	82.50	82.5	Mosbeh Alkinany	30	Gold's Gym -- Coral Gables	Florida	Open				-210.0	-220.0	225.0	225.0				225.0	150.7	1.0
29	82.50	79.9	Andrew Bonner	23	YMCA -- Port Orange	Florida	Junior [20 - 23]				-177.5	177.5	-182.5	177.5				177.5	121.3	1.0
30	82.50	82.5	Mosbeh Alkinany	46	Gold's Gym -- Coral Gables	Florida	Master [40 - 49]				-210.0	-220.0	225.0	225.0				225.0	150.7	1.0
31	82.50	79.9	Andrew Bonner	23	YMCA -- Port Orange	Florida	Raw/Unequipped				-177.5	177.5	-182.5	177.5				177.5	121.3	1.0
32	90.00	84.4	Abe Nassar	15	Park Vista HS -- Boyton Beach	Florida	Teen [14 - 15]				110.0	-112.5	-112.5	110.0				110.0	72.7	1.0
33	90.00	88.8	Howard Sturman	51	Columbia America Club	Indiana	Master [50 - 59]				-187.5	-187.5	187.5	187.5				187.5	120.5	1.0
34	100.00	90.7	Steve Eisman	59	Bally's -- Penbrooke Pines	Florida	Master [50 - 59]				142.5	147.5	-152.5	147.5				147.5	93.8	2.0
35	100.00	97.5	Ray Urgo	65	Gold's Gym -- Port St. Lucie	Florida	Master [60 - 69]				140.0	142.5	145.0	145.0				145.0	89.2	1.0
36	100.00	90.7	Steve Eisman	59	Bally's -- Penbrooke Pines	Florida	Raw/Unequipped				142.5	147.5	-152.5	147.5				147.5	93.8	1.0
37	110.00	108.8	Segismundo Pares	51	YMCA -- Ocala	Florida	Master [50 - 59]				-217.5	217.5	222.5	222.5				222.5	131.4	1.0
38	125.00	123.9	Chris Dixon	43	University Fitness - Tamarac	Florida	Master [40 - 49]				-205.0	-205.0	-205.0							
39	125.00+	132.2	Nasr Hassan	21	Gold's Gym -- Coral Gables	Florida	Open				200.0	-210.0	-230.0	200.0				200.0	112.8	1.0
40	125.00+	153.2	Mike Ricker	43	Gold's Gym -- Blaine	Minnesota	Open				172.5	-192.5	192.5	192.5				192.5	109.9	2.0
41	125.00+	132.2	Nasr Hassan	21	Gold's Gym -- Coral Gables	Florida	Junior [20 - 23]				200.0	-210.0	-230.0	200.0				200.0	112.8	1.0
42	125.00+	125.4	Skip Regan	51	Gold's Gym -- Port St. Lucie	Florida	Master [50 - 59]				192.5	200.0	207.5	207.5				207.5	118.2	1.0
43	125.00+	153.2	Mike Ricker	43	Gold's Gym -- Blaine	Minnesota	Masters [40 - 49]				172.5	-192.5	192.5	192.5				192.5	109.9	2.0
44																				
45			USAPL National DL																	
46	F 67.50	65.2	Carolyn Mailloux	49	Sanford Wellness Ctr -- Sioux Falls	South Dakota	Masters [40 - 49]								90.0	97.5	105.0	105.0	109.8	1.0
47	F 67.50	62.4	Sue Nesbitt	57	Strength Horizons -- Plymouth	North Carolina	Masters [50 - 59]								102.5	110.0	112.5	112.5	121.7	1.0
48	67.50	66.7	Micahel DeSimone	22	Premier Fitness -- Nanuet	New York	Junior [20 - 23]								227.5	237.5	245.0	245.0	190.7	1.0
49	75.00	73.6	Joseph Johnson IV	16	Bally's Total Fitness -- Cutler Ridge	Florida	Teen [16 - 17]								-142.5	142.5	170.0	170.0	122.8	1.0
50	82.50	81.7	Jeff Blindauer	39	Sanford Wellness Ctr -- Sioux Falls	South Dakota	Open								260.0	275.0	-285.0	275.0	185.3	1.0
51	82.50	76.0	Danny Borakove	18	Premier Fitness -- Nanuet	New York	Teen [18 - 19]								160.0	170.0	-182.5	170.0	120.0	1.0
52	90.00	86.2	Ian Bell	16	Canyon HS -- New Braunfels	Texas	High School Varsity								272.5	295.0	-300.0	295.0	192.7	1.0
53	90.00	86.2	Ian Bell	16	Canyon HS -- New Braunfels	Texas	Teen [18 - 19]								272.5	295.0	-300.0	295.0	192.7	1.0
54	100.00	97.7	John C. Maddox	43	Fitness Unlimited -- Royal Oak	Michigan	Open								300.0	320.0	-327.5	320.0	196.6	1.0
55	100.00	97.1	Julian Ulvang	46	Just Lift PL Team -- Tamarac	Florida	Open								265.0	275.0	282.5	282.5	174.0	2.0
56	100.00	98.1	Steven Maltais	23	University Fitness -- Tamarac	Florida	Junior [20 - 23]								157.5	177.5	182.5	182.5	111.9	1.0
57	100.00	97.7	John C. Maddox	43	Fitness Unlimited -- Royal Oak	Michigan	Master [40 - 49]								300.0	320.0	-327.5	320.0	196.6	1.0
58	100.00	97.1	Julian Ulvang	46	Just Lift PL Team -- Tamarac	Florida	Master [40 - 49]								265.0	275.0	282.5	282.5	174.0	2.0
59	110.00	108.8	Segismundo Pares	51	YMCA -- Ocala	Florida	Master [50 - 59]								262.5	270.0	275.0	275.0	162.4	1.0
60	125.00	114.4	Bryan Dermody	30	University of Louisville	Kentucky	Open								322.5	337.5	350.0	350.0	206.2	1.0
61	125.00	123.1	Seth Fromberg	27	University Fitness -- Tamarac	Florida	Open								297.5	-320.0	-320.0	297.5	170.1	2.0
62	125.00	122.4	David Silverbloom	49	University Fitness -- Tamarac	Florida	Master [40 - 49]								277.5	-285.0	-285.0	277.5	158.8	1.0
63																				
64			USAPL PL Qualifier																	
65	82.50	81.7	Jeff Blindauer	39	Sanford Wellness Ctr -- Sioux															